

The S-DCS Column

A NEWSLETTER FOR THE STAKEHOLDERS OF SUNMAN-DEARBORN COMMUNITY SCHOOLS

A SEASON TO GIVE THANKS

SDMS NEWS

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This time of year can be very stressful for many people. It should be a time of joy and happiness. It should be a time to gather with friends and family. It should be a time to remember and be thankful for all that we have received. Unfortunately, there are many people who struggle with shelter, food and loneliness. In this country, our nation of people have opened their hearts and their homes to those less fortunate. We have found ways to give a bit of hope through our donations of food, monies and service.

Today, I would ask that you think, pray and lend a helping hand to those in need. Please give to your local food shelters, churches and missions that serve the needy in your community. It is through the efforts that each of us makes no matter how small that can make a big difference to those in need. I hope that you have a wonderful Thanksgiving season.

Dr. Jeff Hendrix
Superintendent

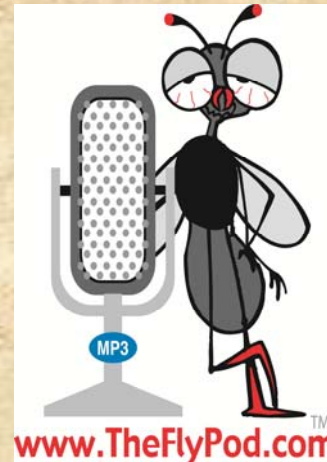
During the previous month our 8th grade students enjoyed hand-on science experiences when COSI came to visit the middle school. Our science teachers worked together to complete a grant that made this possible. Thanks go out to our science department for their efforts. We have hosted our fall band and chorus concerts which were well-attended by parents and the community. We are proud of our talented students. On November 11, 2013, SDMS will host a Veteran's Day Program at 1:10 p.m. at the performing arts center in the high school. We invite our veteran's, parents and community to experience the excitement and talents of our bands and chorus as they perform separately and together. Our journalism students are also creating a slide show to present. Social studies classes will be reading some historical facts and language arts students will be presenting poetry readings written by our students. We expect this to be a great and unique program and hope you will join us.

Mrs. Lisa Baudendistel
Sunman-Dearborn Middle
School Principal



DON'T MISS THE BUZZ

Each month Sunman-Dearborn Schools is featured on The FlyPod, a local entertaining yet informative media source. Superintendent Dr. Hendrix joins host Gary Puckett monthly for his "SuperChat" podcast. Enter <http://tinyurl.com/SuperChat-SDSC-3> in your address line on a new web page to hear the latest SuperChat. This month's chat will be recorded on Monday, November 4th, the discussion will cover the digital curriculum and blended learning. Be sure to listen in and hear about these exciting topics and how they relate to our Sunman-Dearborn Schools.



THANKSGIVING: GIVE THANKS, NOT CALORIES

It is no secret that Thanksgiving marks the beginning of the holiday season. With the holiday season, inevitably comes overeating. A typical American consumes about 4,000 calories throughout Thanksgiving Day. So how can you prevent overeating and limit calories, while still enjoying your delicious Thanksgiving meal? It may be easier than you think.

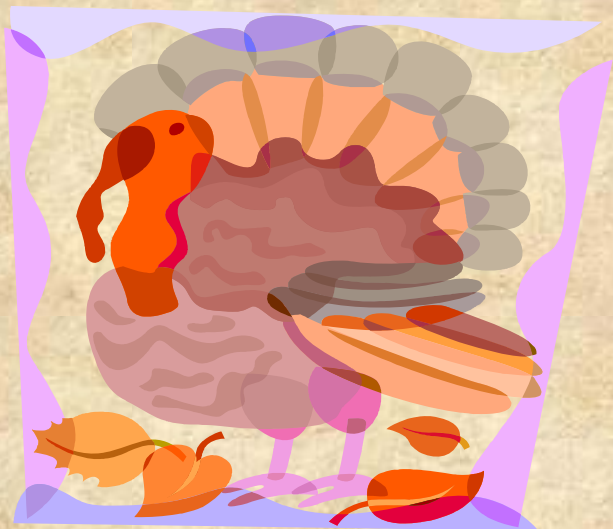
- Eat breakfast. Although some may believe that saving the calories from breakfast is a good idea, eating breakfast actually helps to control overeating when it comes time for your Thanksgiving meal.
- Survey the table before you fill your plate. Check out what your options are before you dig into all the tempting choices. Choose items that you may not have on a regular basis.
- Portions. As always, watch your portions. It is not what you are eating, but how much you are eating. Try a small amount of all of your options to ensure you're getting the most nutrients from your meal, while limiting the calories.
- Slow down. Although you will be very anxious to dig into the scrumptious smelling dishes, do not eat too fast. It takes the brain 20 minutes to tell the stomach that you are

full. Slowing down can help cut down on overeating and that overwhelmingly "stuffed" feeling.

- Skip seconds. Remember, there are usually leftovers to enjoy the next day.

Remember: The turkey should be the only thing that is stuffed at your Thanksgiving table!

Mrs. Olivia Stone RD, LD
Director of Food and Nutrition Services



EAST CENTRAL HIGH SCHOOL NEWS

The hardest thing to achieve in a school is good communication. We battle this every day. Trying to be sure everyone is informed and kept abreast of current events presents unique challenges. At East Central, we have relied heavily on the website and electronic means of communication primarily because the expense of mailing is so high. A single mailing to the student population at EC costs us around \$700. Especially in this financial climate, we are trying to contain costs as much as possible and this is one method we have chosen. EC is making a more concerted effort to publish a monthly "Trojan Tribune" in an attempt to let the public know what is happening at the high school. One of the important communication issues is always school safety, as I spoke about in the last publication. This month I want to stress another part of that plan; "Reunification."

Reunification is the process used to reunite your child with you in an orderly manner if we have to evacuate to another location should an event dictate that (disaster or intruder). As much as we don't want to think about the possibility of it happening here, we need to be ready if it ever does. The following is a letter to inform you of the process in the event we need you to pick your child up after an evacuation (the letter is courtesy of the "I Love U Guys" foundation):

Student/Parent Reunification Letter:

Circumstances may occur at school that require parents to pick up their students in a formalized, controlled release. The process of controlled release is called a reunification and may be necessary due to weather, a power outage, hazmat or if a crisis occurs at the school. The Standard Reunification Method is a protocol that makes this process more predictable and less chaotic for all involved.

Because a controlled release is not a typical end of school day event, a reunification may occur at a different location than the school a student attends. If this location is another school, then those students may be subject to a controlled release as well.

Notification

Parents may be notified in a number of ways. The school or district may use its broadcast phone or text message system. In some cases, students may be asked to send a text message to their parents. A reunification text message from a student may look something like this: *"The school has closed, please pick me up at 3:25 at the main entrance. Bring your ID."*

Parent/Guardian Expectations

If a parent or guardian is notified that a controlled release and reunification is needed, there are some expectations that parents or guardians should be aware of. First, bring identification. That will streamline things during reunification. Second, be patient. Reunification is a process that protects both the safety of the student and provides for an accountable change of custody from the school to a recognized custodial parent or guardian.

What if a Parent Can't Pick-up Their Student?

When a parent can't immediately go to the reunification site, students will only be released to individuals previously identified as a student's emergency contact. Otherwise, the school will hold students until parents can pick up their student.

What if the Student Drove to School?

There may instances where a student may not be allowed to remove a vehicle from the parking lot. In this case, parents are advised to recover the student. In some circumstances, high school students may be released on their own.

How it Works

For students, the school asks that students be orderly and quiet while waiting. Students may be asked to text a message to their parents or guardians. Students are also asked not to send

(cont'd next page)

EAST CENTRAL HIGH SCHOOL NEWS

(cont'd from Page 3)

other text messages either in or out of the school or reunification area. Keeping the cellular network usage at a minimum may be important during a reunification.

Reunification Cards

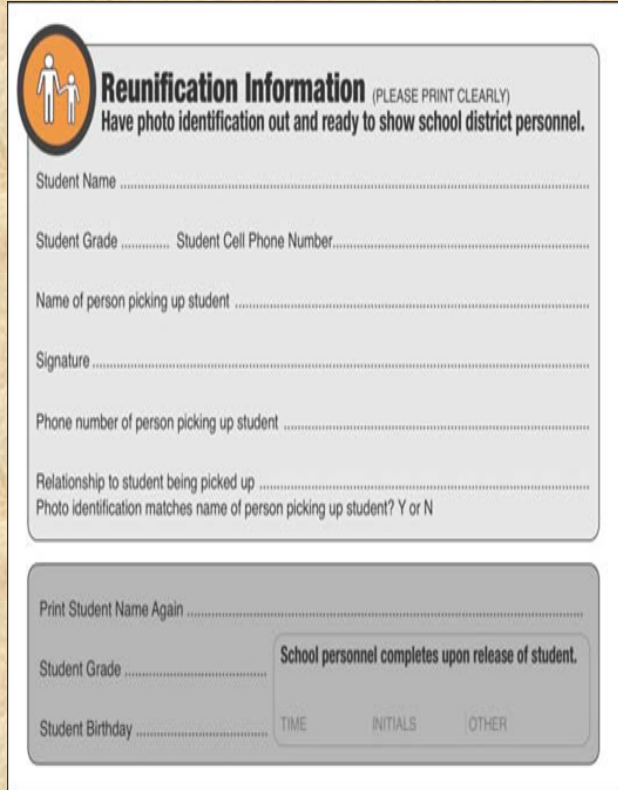
For parents, there are a couple of steps. If a parent is driving to the school, greater awareness of traffic and emergency vehicles is advised. Parents should park where indicated and not abandon vehicles. Parents are asked to go to the Reunification "Check In" area and form lines based on the first letter of their students last name. While in line, parents are asked to fill out a reunification card. This card is perforated and will be separated during the process. Some of the same information is repeated on both the top and separated bottom of the card. Parents are asked to complete all parts of the card. In the case of multiple students being reunified, a separate card for each student needs to be completed.

Bring ID to Check In

During check in, identification and custody rights are confirmed. The card is separated and the bottom half given back to the parent. From the "Check In" area parents are directed to the "Reunification" area. There, a runner will take the bottom half of the card and take it to the Student Assembly Area to recover the student or students. Parents should be aware that in some cases, they may be invited into the building for further information.

Interviews and Counseling

In some cases, parents may be advised that a law enforcement investigation is underway and may be advised that interviews are necessary. In extreme cases, parents may be pulled aside for emergency or medical information.



Reunification Information (PLEASE PRINT CLEARLY)
Have photo identification out and ready to show school district personnel.

Student Name

Student Grade Student Cell Phone Number.....

Name of person picking up student

Signature

Phone number of person picking up student

Relationship to student being picked up
Photo identification matches name of person picking up student? Y or N

Print Student Name Again

Student Grade School personnel completes upon release of student.

Student Birthday TIME INITIALS OTHER

*Mr. Robert Shipley
East Central High
School Principal*

CONGRATULATIONS TO EAST CENTRAL CULINARY ARTS STUDENTS

Congratulations to the ProStart 1 students who received the National ServSafe® Certification: Danielle McCoy, Nick Thomas, and Amanda Richter.

The ProStart Courses are advanced level culinary classes for students interested in going into the foodservice industry. The ServSafe® Training and Certification Program provides students with the knowledge, skills, and abilities they need to serve safe food. The *ProStart 1 & 2 courses* completed The ServSafe® Training and Certification Program from the National Restaurant Association. The ServSafe® Exam was then given to each student at the end of the ServSafe® training. Those students who earned certification are among other food handlers who hold the highest standard in food safety training and certification. Congratulations on a job well done!



Pictured above left to right:
Danielle McCoy, Nick Thomas, and Amanda Richter

BRIGHT ELEMENTARY BULLY PREVENTION OUTLINE

As many of you are aware, the topic of bullying has become of much interest over the past several years. In order to help our students at Bright Elementary School understand what bullying is and how to deal with it, we have spent the month of September discussing this in our Character Education Classes. We covered the following outline in our classes:

A. What is Bullying?

1. Repetition
2. Intimidation
3. Physical
4. Verbal
5. Emotional

B. Why do people bully?

1. Jealousy
2. Fear
3. Poor self-image
4. Bring others down

C. How do we deal with a bully?

1. First occurrence – **IGNORE!**
(unless it is blatant or excessively hurtful)
2. Second occurrence – tell them to **STOP!**
3. 3rd or Multiple Occurrences – **TELL AN ADULT!**

Your child received a bracelet as a reminder in our efforts to prevent Bullying.

“Be a Buddy Not A Bully”!

Please discuss this topic with your child and help us in our proactive approach to stop Bullying!

*Mr. Hutchinson
Bright
Elementary School Counselor*

SCHOOL SAFETY: A.L.I.C.E. PLAN

Sunman-Dearborn Community Schools has adopted a new level for lockdown procedures in our buildings. Currently SDCSC has two levels of lockdown procedures, restricted and full lockdown. The first level is known as “restricted lockdown”. An example of a restricted lockdown is when there is an event outside a building that does not have a direct affect with the school but has the potential to. During a restricted lockdown the outside doors are locked and movement within the building is limited and classes are encouraged to continue as normal. The second level is a “full lockdown”. In the event of a full lockdown, emergency personnel may need to enter the building, all doors are locked and no one is to move about the building. The new level of lockdown is known as the A.L.I.C.E. plan which is an acronym for Alert, Lockdown, Inform, Counter, and Evacuate. The A.L.I.C.E. plan offers a different philosophy in light of recent school violence. The philosophy of A.L.I.C.E. is to use technology and information in a way so that staff and students can make informed decisions in a crisis, remove as many people as possible from the danger zone, and provide realistic training so that those involved in a crisis have a better chance of surviving.

The A.L.I.C.E. plan will be implemented at SDCSC in phases. Before the first drill is performed, the individual classroom teachers will use guidelines to address this topic and teach their class the A.L.I.C.E. plan. We have to take great care in how we train or instruct with the different age level of students. The corporation has great confidence that our staff will handle this training in an age appropriate and professional way. Teachers will provide direction to the students on what action needs to be taken, so it is very important that students listen and follow the directions given, as this drill is not predictable like a fire drill or tornado drill.

A public meeting will be held at East Central High School in the Performing Arts Center on

November 19, at 5:30 pm to introduce the plan to the public. We will have two officers from Dearborn County that have been training all of the schools in our area to introduce the plan and answer questions that the public might have about ALICE.

Younger students need constant reminders of safe practices in order for them to make good decisions related to their personal safety. Parents can prepare their child (ren) for the A.L.I.C.E. plan by helping them understand the following objectives at home.

- There are people, of all ages, color, and types that can be mean and may wish them harm.
- Self-confidence comes from trying things that are hard and getting better each time.
- There are many solutions and options when faced with a problem.
- When your child is prepared for difficult situations, they can make informed decisions and will have more self-control.
- Your child is smart and capable if they have the knowledge.
- Help your child identify and assess possible crisis situations.
- Have your child demonstrate the ability to get away from someone who has their hands on them.
- Have your child explain the different safety drills and what they mean.
- Help your child name where they need to go in case of evacuation. (different for each classroom)
- Discuss the importance of following the teacher’s directions without hesitation.

Details surrounding the next phase and additional drills will be communicated during the second half of the school year. Please contact the principal at your child’s school with any questions or concerns.

Mr. Tom Harris
Director of Support Services
Sunman-Dearborn Community Schools

COMMUNICATIONS WITH TECHNOLOGY

AT SUNMAN ELEMENTARY

There are many exciting and wonderful things happening in Sunman-Dearborn Schools in general and Sunman Elementary specifically! Our teachers, students, staff, and volunteers are often so involved in completing the activities, it is difficult to communicate these events to our stakeholders. This article summarizes our main forms of communication and invites you to participate in a communication method survey to help us better meet your communication needs.

Sunman Elementary School Web Page

<http://ses.sunmandearborn.k12.in.us/>

Our web page is updated regularly with notifications and reminders on the front page. Other items of interest can be found in the dropdown menus at the top of the page.

Sunman Elementary Classroom Teacher Web Pages

http://ses.sunmandearborn.k12.in.us/index.php?option=com_joomlaconnectce&Itemid=9

Here you have the opportunity to subscribe to individual teacher's pages and get more detailed information about that specific classroom. Subscribing to the teacher's page ensures you get an e-mail each time the teacher updates the web page.

c-Notify

This technology sends mass telephone messages to parents over the shortest possible time frame. The larger the group to be notified, the longer it takes to get all notifications sent. Parents provide at least one telephone number for this automated system.

Sunman Elementary School Newsletter

The school newsletter (menu) is published monthly and sent home with all students. It contains a calendar of events, special dress days, as well as breakfast and lunch menus.

Sunman Elementary Teacher Newsletters

Some teachers prepare and send home a weekly or monthly newsletter as a method of communication with parents. These newsletters often contain academic information from the classroom, upcoming projects, and parent notifications for issues that have arisen in the classroom. Some teachers prefer to use their web page in lieu of a paper newsletter.

Facebook

www.facebook.com/sunmantigers

Sunman Elementary now has a page on Facebook. The page is updated nearly every school day with a reminder, a notification, or program information. As a Facebook user, you can 'like' the Sunman Elementary page to receive this daily update. Sunman Elementary uses multiple methods to communicate with stakeholders. It is our hope that one or more of these methods meets your needs in today's information age.

Please follow this link to participate in a communication survey for Sunman Elementary:
<http://www.surveymonkey.com/s/S3YQTB6>

The survey will remain open until Friday, November 15th at 3:00 pm.

*Ms. Cindy Morton
Sunman Elementary
School Principal*

PROTECT YOURSELF DURING AN EARTHQUAKE DROP! COVER! HOLD ON!

At 10:15 a.m. on October 17, 2013, millions of people practiced “Drop, Cover, and Hold On” in The Great ShakeOut, the world’s largest earthquake drill ever! Since we were on Fall Break, we held our drill on October 22, 2013 at 8:30 a.m. Everyone participated in the drill, and hopefully the students shared that experience with their parents.

Major earthquakes may happen anywhere you live, work, or travel. The ShakeOut is a chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent a major earthquake from becoming a catastrophe for you, your organization, and/or your community. Why is a “Drop, Cover, and Hold On” drill important? To respond quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.

The following are some tips to help you prepare at home:

- Do a “hazard hunt” for items that might fall during an earthquakes and secure them.
- Create a personal or family disaster plan.
- Organize or refresh your emergency supply kits.
- Identify and correct any issues in your home’s structure.
- Other actions can be found at www.earthquakecountry.org.

Protect yourself during an Earthquake!
www.ShakeOut.org

*Mrs. Chris Vennemeier
Sunman-Dearborn Intermediate
School Principal*



HARLEM WIZARDS Vs. EC BANDITS



The EC Dance Team will welcome the Harlem Wizards again this year. Come join us for a fun-filled night of Trick-Hoops and Alley-Oops to see the Harlem Wizards take on the EC Bandits.

Date: November 14, 2013
 Time: 7pm Doors open 6pm
 Location: East Central High School Gym
 Student Admission: \$8.00 Advance
 \$8.00 Gate
 General Admission: \$10.00 Advance
 \$12.00 Gate

Refreshments and souvenirs will be sold at the game. Free autograph session following game.



Bright Elementary School Music Teacher, Emily Jones, teaches her class an old folk song, "Skip to my Lou my darling".



A.L.I.C.E. training at BES: On Oct 1, staff members of Bright Elementary School underwent training from the Dearborn County Police.

HOW DO YOU COMMUNICATE?



Thinking back to my youth I remember watching reruns of *Laugh In* with my grandparents and seeing Lily Tomlin in character as the switchboard operator, Ernestine. From behind her desk she directed every call by plugging in the lines allowing communication from one person to another. This seemed like such an antiquated system. Any system of communication in which one person is in charge of making that connection between parties is one that is not efficient and not very secure. However outdated it seems now, it was what they had. As we move forward in the age of technology I already see this same view coming from my own children. “What do you mean you didn’t have a cell phone?” “Why didn’t you just

look it up on the internet?” “Did you and mom SKYPE when you were in college?”

Communication has changed. Today there are more ways than ever to transfer information from one person to another. At North Dearborn we strive to provide open communication and encourage parents to engage in conversations with their child’s teacher. Each teacher has access to email and voicemail in their room on a daily basis, and phone numbers and email addresses are available on the school’s website. New this year North Dearborn Elementary has a twitter account. New information is posted almost daily, you can follow North Dearborn Elementary on twitter @northdearborn. I am sure in a few years kids will be talking to their parents saying, “What do you mean you had to log into your email and get your messages,” or “You really had to press buttons on your phone to call someone?” but for now it is what we have.

Mr. Jeff Bond
North Dearborn School Principal

WE NEED YOUR VOTES

We have applied for a grant from Stanley to help secure our schools. The grant money is awarded to the school who receives the most votes. So we need your help and help from your students to receive this grant. Let your students know how to vote and let them know to vote daily. Ways to vote are listed below. Thanks in Advance for your help to make SDCSC a safer place.

The school with the most votes will win a Grand Prize of \$200,000 in STANLEY Security installed products and services for their school. Three runner ups will receive individual prizes

of \$100,000 in STANLEY Security products and services. Each vote for a school also counts as an entry for the school to win daily prizes, so don't forget to vote daily!

VOTE from November 5th to December 13th
 cast your vote daily for your school!!

Two ways to vote:

- 1) Visit stanleysaferschools.com daily.
- 2) Text school name & city to 99222 daily (standard messaging rates apply).

A NEWSLETTER FOR THE STAKEHOLDERS OF SUNMAN-DEARBORN COMMUNITY SCHOOLS

Sunman-Dearborn Community Schools

1 Trojan Place, Suite B
St. Leon, IN 47012

Phone: 812-623-2291

Fax: 812-623-3341

The mission of S-DCS is to develop, for all students:

- Literacy skills (reading, writing, communicating confidently)
- Mastery of state and national standards
- Character, responsibility, teamwork, the importance of regular attendance, goal-directedness, and service to community
- High graduation rates and post-secondary success

We are on the web at
www.sunmandearborn.k12.in.us



SCHOOL CONTACT INFORMATION

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Ph: 812-623-2291 · Fax: 812-623-3341

East Central High School · 1 Trojan Place, Suite A · St. Leon, IN 47012 ·
Ph: 812-576-4811 · Fax: 812-576-2047

Sunman-Dearborn Middle School · 8356 Schuman Road · St. Leon, IN 47012 ·
Ph: 812-576-3500 · Fax: 812-576-3506

Sunman-Dearborn Intermediate School · 27650 Sawmill Road · West Harrison, IN 47060 ·
Ph: 812-576-1900 · Fax: 812-576-1901

Bright Elementary School · 22593 Stateline Road · Lawrenceburg, IN 47025 ·
Ph: 812-637-4600 · Fax: 812-637-4606

North Dearborn Elementary School · 5687 North Dearborn Road · Guilford, IN 47022 ·
Ph: 812-656-8383 · Fax: 812-656-8321

Sunman Elementary School · 925 North Meridian Street, Suite 200 · Sunman, IN 47041 ·
Ph: 812-623-2235 · Fax: 812-623-4330